

STARS 'N' STRIPES

THE RESIDENT NEWSPAPER OF THE IOWA VETERANS HOME

By the residents, for the residents.

MISSION STATEMENT:

"To disseminate information regarding veterans care, entertainment and goodwill."

March 2008- Volume 6, Issue 3
Publication by residents of the Iowa Veterans Home,
Marshalltown, Iowa 50158

The Iowa Veterans Home Master Plan

By Bill Eilers

For those who are not familiar with this Master Plan for the Veterans Home, let us explain what took place. First off Gov. Chet Culver was informed that a \$26.765 million dollar grant from the U.S. Department of Veterans Affairs had been approved. Also, Culver's 2009 fiscal year budget included \$20 million dollars in state funding for the four final phases of the new IVH facility proposal.

The overall project will total \$100 million over a 13-year period from FY 2009–

2021 This money will be used to build a 132 bed/nursing home, a 60 bed pavilion, and it will complete the master plan here at the vets home. Up next are the renovations for this on going project, and estimated time frames of completion. Phase 1: Construct two new single story facilities; a 132—bed nursing home and 60 bed pavilion (Pavilion 1) for nursing care, and additional parking at an estimated cost of: \$43.4 million. The Sheeler building will be renovated, and the Loftus building will be demolished. Upon completion, 150 residents currently located in this area will be moved to the two new facilities.

*Continued
on page 2*



Master Plan Continued

Continued from page 1

In addition, 42 residents currently located in the Dack building will be moved to Pavilion 1 . As far as the parking situation there will be relocation of drive ways and reconfiguration of parking areas at an estimated cost of \$17.2 million. Estimated time frame of completion is from September 2008 to December 2010.

Phase 2 is to renovate the Dack building and construction of a new 60 –bed pavilion at an estimated cost of: \$14.6 million

The estimated time for this Phase 2 is between May 2008 and November 2009. This will be an on going article of information.

Editorials & Opinions

A Resident's Response To A Resident Council Meeting.

By Jerry Patten

I as a resident I did not like the council meeting for March because the President brought something up that did not concern everybody. All the candidates said that they were for all veterans, but yet they called on one candidate about something that happened a year ago.

And if this group of people do not apologize to the one that they called out, I will say things on one of this president's men.

Concern from your 1st Vice– President

By Ken Thomas

It has become very well-known that there is a Resident Council election coming up on April 7. At our past meeting some questions were asked that I don't think the answers were quite clear and I would like to clarify them for you. You heard from a candidate that is running for the position of President. He borrowed \$194.00 for the bowling league and gave his word that it would be paid back. Well, here it is two years later and it has not been paid back. In fact he is trying to put the blame on other residents instead of owning up to his own obligation as president of the bowling league.

In July 2007 this person along with the man running for secretary/treasurer and another resident, was involved in a raffle for the bowling league. During this raffle, a few things came out. One was the amount of tickets that were sold DID NOT come up to the amount of money turned in. I mean if you sold 100 tickets at \$1.00 each, in the end you should have \$100.00!

Continued on page 7

Man on the Street

By Bill Eilers

Question: Can you name one quality that makes an ideal resident council president?



Being able to deal with multiple problems.

Jaci Huff
Heinz Hall



The willingness to stand up for the residents in the face of administration oppositions.

Loren Martens
Heinz Hall



The truth of a qualified resident council president is working for the residents and having good communications with the outside people.

David Johnson
Heinz Hall



They need to be flexible and to be objective.

Joyce Hamilton
Vocational Rehab Specialist



Wisdom.
Craig Nelson
Chaplain



To have really good intentions of the good for the residents and IVH home.

Sister Rosemary Vaske

Statehouse Issues



*By Mark Smith,
State Representative*

Dear Friends at the
I o w a V e t e r a n s H o m e :

I am writing you on the Ides of March! The year I turned four, my mother took the calendar down on the first day of each month and outlined what was going to happen that month. For example, we looked at President Lincoln's picture on February 12, Valentines on February 14, and President Washington on February 22. Then I would watch the calendar for those events to unfold.

I remember her explaining March and explaining that on the 21st, it would be spring. Winter seemed to rage on that year until March 21st occurred. I remember going out on our front porch and seeing the snow melt and hearing the birds singing. Spring came, winter was gone--just like in a storybook. I have been waiting for things like that to happen again!

This has been a long winter and I am looking forward to spring and summer. I know some of you have planted your tomato seeds and are preparing for spring gardening.

The legislature is scheduled to end in

April. It will be nice to be back in my district more of the time. We have done some very good things for veterans this year. The funding for the veterans home looks good, We are starting the process of phasing in new construction at IVH.

We have exempted from state taxes the rebate checks that income tax payers will be receiving this summer. Those checks will not be counted against the cost of your care at IVH, if you have more than \$3,000 in income. We developed a mechanism to help fund the Veterans Trust Fund and we made stiffer requirements for keeping jobs for veterans when they return from active duty. Have a great spring.

My trivia question for this month is this: One man was Vice President of the United States (Man A). Because of an election, he turned the job over to another man (Man B). Eight years later, Man B was the President of the United States and because of an election, he turned the presidency over to Man A. Name Man A and Man B.

See answer below.

Answer: Man A was Richard Nixon and Man B was Lyndon Johnson. On January 20, 1961, Vice President Nixon was replaced by Vice President Johnson. On January 20, 1969, President Johnson was replaced by President Nixon.

Editorials & Opinions

Peoples Rights

By Dean Brown

Upon entering life here at the Iowa Veterans Home it became very apparent to me that smokers rule the roost when it comes to smoking anywhere they please. And they have very little regard for the feelings and health of people who have serious breathing problems. Recently the front entrance way and ramp to Heinz Hall became a designated no-smoking area. It is posted in plain sight for all to see. Yet, there are cigarette butts discarded on the patio. Because there is no one who has time to enforce the rule and smokers are not disciplined enough to do this on their own. They seem to do alright with the indoor smoking rooms, but it becomes an uphill challenge for the non-smokers when it comes to out-doors.

With powerful vet organizations controlling the purse strings and backing the tobacco industry, veterans who smoke feel protected from any restrictions that might creep into the picture by way of smoking bans and the like. However, the tobacco squeeze is definitely on the agenda in the state legislature, but excludes the Iowa Veterans Home. WHY?

Smoke is much more concentrated in the area of IVH as anywhere.

Continued on page 6

Poppy Compliment

Sheryl Nuehring, Heinz Hall

On Behalf of the American Legion and the American Legion Auxiliary I would like to compliment Gene Peterson and Joyce Hamilton for the lovely article on Poppies in the January issue. The article is the most informative one ever written. Aren't Poppies great? In regards to the rest of my article, I get perturbed about the waste around here. Anybody can see it everywhere.

1 is electricity. You can walk into any place and there's a light on. Why can't adults turn off lights? Why couldn't maintenance put switches in that turn on when the room is entered and go off when a person leaves. Until this takes place, please conserve.

2 is paper towels. I've seen people take as much as a half dozen to dry their hands when a couple would be sufficient. I would doubt it if toilet paper and Kleenex are included; slow down please, use less.

Continued on page 6

Editorial disclaimer and policies

The views and opinions set forth in the *IVH Stars & Stripes* are those of its editorial staff, correspondents and contributors. They do not necessarily reflect the official position of the Iowa Veterans Home administration, staff or Resident Council; the State of Iowa and its agencies; or any other veterans' organization. IVH residents and those in its community are encouraged to submit their own articles, stories, announcements and photos. If an article is from the internet, book/magazine or another newspaper, written permission from that source is needed before the article will be re-printed. Submissions become the property of the editorial staff. All letters to the editor must be signed, or they will not be printed. In certain cases, if requested, names may be withheld from publication. Letters must be no more than 350 words in length. Drop boxes for letters are located in Sheeler, Malloy and Dack halls. **We reserve the right to edit letters and all other submissions for length, grammar, factual accuracy, libel and good taste.** Send all correspondence to the Stars & Stripes Office Dack Hall or to Resident & Family Services, Dack Hall. Submissions also may be sent electronically, via our e-mail address: ivhstarsnstripes@yahoo.com—Deadline is 21st of each month. Distribution is 28th of each month.

Editorials & Opinions

Peoples Rights

Continued from page 5

It is true that veterans deserve a debt of gratitude for the time spent in the services of their country, but the country does not owe them a living and vets should not be given special privileges or consideration when it comes to matters of ones health. If there is a piece of paper somewhere giving veterans at IVH protection when it comes to providing space to smoke cigarettes, then a special "smoking hut" should be provided for them. Vet organizations should provide them, then all rights of "all the people" is honored. A non-smoker would no longer feel like a second class citizen. One issue I have not addressed is the problem with "second-hand smoke".

Second-hand smoke is deadly to people with respiratory problems and it claims many lives every year. It is not talked about very much, but should be. If you are standing at a crossing and the person standing next to you is smoking or you are sitting next to a cigarette smoker in a café, you are more than likely smoking also. That is "second-hand" smoke. Why should smoke-free people be victims of the smokers bad habit? This is the reason I have been pushing for designated smoking huts and placing them away from heavy traffic. I will continue to condemn tobacco because I remem-

ber all too well the consequences of the addiction in every breath I take.

Poppy Compliment

Continued from page 5

3 is linen. When I stacked washcloths for Laundry, I saw several severely stained ones.

I would think that clean-up cloths could be purchased to clean up med spills and messes. Buy something that can be washed. Leave the linen for bathing, etc. Too many types of linen are used for cares, etc. One wash cloth could be used again by rinsing the soap out as you wash up; quit using towels and mealtime napkins to clean up messes. Please think before you do things.

Number 4 is food. Why is it there's so much waste? I watch the workers and others take their trays to the conveyor belt and what I see is a phenomenal amount of waste; some carry whole trays of food to the belt. If you aren't going to eat it, DON'T TAKE IT!

With 4 wastes there's a difference between rights and abuses. If we'd all pitch in, the cost would go down to a respectable level and things that we need could be bought instead of saying we can't have it. Wouldn't it be better to have some finer things in life because we used our heads to get them? Think about it.

Editorials & Opinions

Concern

Continued from page 3

These men sold over 268 tickets and when it came to be accountable for the sales, they came up \$110.00 short. **WHAT HAPPENED TO THE MONEY!!!** Well, it comes to all who knows that the money was spent on one of their girlfriends. It is also suspected that some of the prizes that were collected for the raffle were not given out during the raffle, that they were given out at various times.

Who's at fault in this situation? Of course the person that took the money. But the responsibilities lie within the president. The president was in charge of the league and is responsible for all financial transactions. Just like with the situation in the bowling league borrowing money and it was not paid back, also "the president's responsibility."

It is a CONCERN of mine to turn over \$3000.00 to \$4000.00 from the resident council account to a group of people who have shown in the past to be irresponsible, even with small amounts of money. I myself and Eric Pedersen have worked hard to raise this money for the residents and think it should be kept, in the hands of responsible people.

Keeping IVH Clean

By Sheryl Nuehring

There's a serious problem here. It appears someone is spitting chewing to-

bacco between the colonnades and the floor in the Atha dinning room. It's been seen that the hall walls and floors have been assaulted along with the runner grooves in the elevators. This is unsanitary, could cause falls and above all just plain bad karma and ugly. We beg of you, please, **Stop It!** We have a nice and clean home and would like it to stay that way. Thank You.

Let Your Voice Be Heard

By Rich Copeland

There are too many rude people listening to their radio/CD players. They insist on subjecting you, and all others around to listening to what they want you to, when they want you to, and for how long they want you to.

Sure you can just leave and go somewhere else. Thereby letting them subject you to where you can just sit and enjoy the company of others.

To me this is the same as subjecting me to their brand of religion or politics. (Which very well maybe what their listening to all the time.) There is a very simple solution to this rude and wrongful behavior. The implementation of required headsets when outside of your room. To let your voice be heard and not somebody else's music, etc. You can reach Richard by leaving a message on Malloy 3 North on how you feel. Either Yes, I agree with required headsets, or No, I don't mind being controlled by the whims of others. Include your name and unit.

Editorials & Opinions

Some Thoughts

Opinion by Loren Martens

OK, I know, some people will claim that this editorial is just a vindictive attack, or that I am only trying to cause trouble. In fact, I am writing this only because I feel that the residents of IVH are entitled to the full truth. People deserve to know what sort of people have been running the IVH Resident Council. So, let's take a look at the three current members of the Resident Council Executive Board.

First off, there is the current 2nd Vice President. Not only is he known in Heinz Hall as a thief (he was caught stealing tomatoes from another resident's garden, among other incidents), but if you look closely at his "campaign posters" you will note that they ask us to "re-elect" him, even though he was never elected to the Council in the first place! (He was appointed by the current Council President to fill a vacancy.) By the way, the current Council President told me (before he made that appointment) that he knows of this resident's "sticky fingers" from personal experience, yet he put this person on the Council anyhow!

Then there is the current 1st Vice President. Not a bad person, but yet I still have to wonder about him. There is evidence that he is not emotionally stable, he has gladly taken up the role of

"yes man" to the current Council President, and he has put two articles in the *Stars 'n' Stripes* that were entirely without so much as a hint of truth. Not only that, but for many months he has flaunted the IVH policy that forbids taping things to the wall outside a resident's room! (He has a large "poster" of bumper stickers extolling the virtues of the Marine Corps).

And of course there is the current President of the Resident Council. In many ways he has done an excellent job for the past decade or so, and has often been a valuable resource for residents to turn to. Unfortunately, he has often ignored the truth when it is convenient for him. I personally know of several times that he has out and out lied to myself and others. Not only that, but I am deeply concerned that he has become a mere agent of IVH upper management, I question his judgment in appointing a known thief to the Resident Council, and most of all, I am concerned by his eagerness to capitulate in the matter of the censorship of the *Stars 'N' Stripes*. Indeed, all of the current Resident Council were more than happy to censor our precious resident paper!

Now, please let me be perfectly clear: I do not know the candidates who hope to unseat the current Council well enough to say that they are ideal for the job. But I do know enough to say this with confidence: They will make a far, far better Resident Council than the current members.

Nutritionally Correct

TOP 10 Nutrition Facts

By Jane Linnenbrink

During National Nutrition Month, the American Diabetic Association urges consumers to look beyond the myths of nutrition and focus on the facts.

The expert at ADA have identified the following facts:

1. Eating right doesn't have to be complicated. Use Mypyramid.gov to develop a personalized plan for life-long health.
2. The best nutrition advice is based on science. Before adopting any changes to your diet, be sure the information is based on scientific fact.
3. Get your food and nutrition facts from the expert: a registered dietitian. RDs are uniquely qualified to translate the science of nutrition into reliable advice you can use every day.
4. Balancing physical activity and a healthy diet is your best recipe for managing weight and promoting overall health and fitness.
5. Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be

packed with vitamins, minerals, fiber and other nutrients—and lower in calories.

6. Look at the big picture no single food or meal makes or breaks a healthful diet. Your total diet is the most important focus for healthful eating.

7. Prepare, handle and store food properly to keep you and your family safe from food-borne illness.

8. Don't fall prey to food myths and misinformation that may harm rather than benefit your health.

9. Read food labels to get nutrition facts that help you make smart food choices quickly and easily.

10. Find the healthy fats when making food choices. By choosing polyunsaturated or monounsaturated fats, you can keep your saturated fats, trans fats, and cholesterol low.



Poetry Page

Savor the Flavor

Have you ever been in love with someone who fulfilled your every desire. A love that is so strong that it would never expire? Some may say a love like that doesn't exist, because it's much too strong, and my opinion would be that I think they're wrong. You see, love is a feeling, a sensation that surrounds your heart. And that kind of love has no ending, only a start. Automatically you will know when Love has a hold on you, because you will focus on all you do. Love can also have a nasty little bite, But without love, nothing would be right. So, love yourself and love your neighbor, because it's the only way to savor the favor.

Henry Hubbard



You Can

Life can be easy or life can be hard,
Your hand has been dealt, So play
your card. You can be happy or you
can be sad. Your mind can be at
ease or could be mad. You can
dance or maybe you want to sing,
Or maybe you just want to relax,
because it's the first day of Spring.
You can take a walk with the one
you love, or maybe you just want to
give praise to the Lord above. In
this life just be thankful for what-
ever you've got, Because, unfortu-
nately others may have not.

Henry Hubbard



Tidbits by Marie

By Marie Molloy

You Bet, I' m a Vet!

When I was just a lad, we were proud to say the Pledge of Allegiance to the flag. I would stand proud and tall to give it all I had. I knew back then, I would serve my country as my father and his father did. So, when the time came, I answered my call, and once again I stood proud and tall. War is never fun because no one really wins. But you go because it's your patriotic duty, No matter the circumstance you never give in. I know America's free because of men and women throughout history, who felt the same as me. So when someone looks into these eyes, as I shed a tear when Ole Glory passes by. They ask me if I'm a vet? Once again I stand proud and tall as I can get, and announce out loud, **You Bet, I'm a Vet!**



Your Flag And My Flag

By Wilbur D. Nesbit

Your flag and my flag, and how it flies today, and half a world away! Rose-red and blood-red, The stripes forever gleam; snow-white and soul-white the good forefathers dream. Sky-blue and true-blue, with stars to gleam aright. The gloried guidon of the day; a shelter through the night. Your flag and my flag! To every star and stripe the drums beat as hearts beat and fifers shrilly pipe! Your flag and my flag a blessing in the sky. Your hope and my hope it never hid a lie! Homeland and Farland and half the world around. Old Glory hears our glad salute and ripples to the sound. Your flag and my flag! And, Oh! how much it holds your land and my land secure within its folds! Your heart and my heart beat quicker at the sight. Sun-kissed and wind-tossed red and blue and white. The one flag, the great flag. The flag for me and you glorified all else beside, the red and white and blue.



Meet Our New Psychologist, Dentist, and Dental Assistant

BY Staff Writer

We would like to welcome aboard Dr. Paul Essen, Psychologist, Nancy Urbanowski DDS, and Tammy Keith, Dental Assistant. Paul has been a Psychologist since 1996. He did his internship at the VA in Knoxville,



Dr. Paul Essen
Psychologist

ville, Iowa and received his Doctorate from the Minnesota School of Professional Psychology in 2000. Paul came to us from On With Life in Ankeny, Iowa where he worked with patients who had traumatic brain injuries.

Along with these patients, he worked in a residential treatment center with children from ages 4-17 years old, the Des Moines Guidance Center, and a community health center. His office is located in the Resident and Family Services office in the Dack building. His extension is 345. Please stop by and say hello and welcome him to IVH.

Next we have Nancy Urbanowski, who has a practice with her husband here in Marshalltown. She holds two degrees,



Nancy Urbanowski DDS and Tammy Keith,
Dental Assistant.

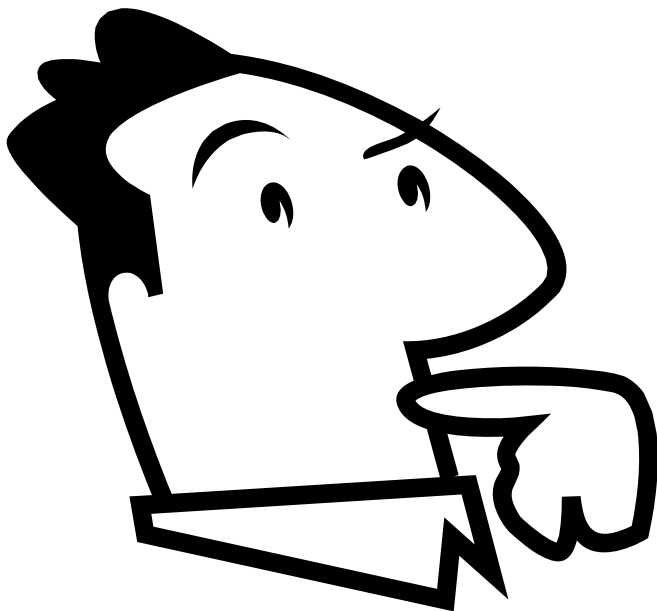
one in Dentistry, and the other in Dental Hygiene which she received at the University of Iowa. She graduated 1990 and was out in the dental field the same year. Nancy said that she had a long interest in the veterans home about 5 years ago when the dental clinic was at the old location. She also gives credit to Robin Spencer, Dental Hygienist for doing a fine job.

Last is Tammy Keith, Dental Assistant for both Nancy and Dr. McDonald. Tammy has lived in Marshalltown for 15 years, and as been a dental assistant for 20 years. Her Husband Mark works here at IVH in the power plant. Three days a week she works at a pediatric clinic here in town and the other two days she works here. We are all glad they came to IVH. Both her and Tammy can see themselves being here full time.

Thinking Out Loud

By Ken Wilson

- 1) Is the food selection going down in quality or is it just me?
- 2) Well, Christmas is officially over; they are taking down the outside tree's Christmas lights.
- 3) It is a real riot to see the Franklin kids when they come over and interact with the residents.
- 4) WOW was this an old fashion winter or what!
- 5) Finally we are getting vending machine service again. I was having bottled Coke withdrawal
- 6) I bet the grounds crew will have a fit when they see all the tracks and blade marks from snow removal!! Seed, seed, seed!!



PARENTAL QUOTATIONS FROM THE 50'S AND 60'S

1. What in the world is that?
2. Why can't you mind like the other kids ?
3. No means No.
4. Crying won't get you anywhere.
5. It's time for getting a haircut. I don't want you looking like a hippie.
6. Mind your manners.
7. Eating hamburgers all the time isn't healthy.
8. Is you homework finished?
9. Lights out.



Chapel Events for April

Videos for April are:

4/1: Presbyterianism-The Sovereignty

4/8: Anglicanism-Common Prayer

4/15: Baptist-Baptism, conversion and Scripture

4/22: Pentecostalism-The Power of the Spirit

4/29: Methodists-People of the Extreme Center

Videos are on Tuesdays at 3:00 pm:

April Activities:

Quarterly Memorial on Monday, April 28th at

2:30pm in the Chapel



Midwest Phrases

By Ken Wilson

Midwest phrases are taken from the book: *"HOG ON ICE" By Charles Earle Funk.*

This month's phrase is:

Brass Hat

The modern extension of this slang appellation means any person in authority, especially one who has an overbearing manner. Originally it



was British army slang; one of the earliest instances of

its literary use was by Kipling, in *Many Inventions*, in 1893, in the story, "In the Rukh."

Soldiers used it to designate a general, because the quantity of gold braid about that officers dress cap made it shimmer in the sun if the entire cap were of shiny brass. Kipling puts it into the speech of the head ranger of all India, a gigantic German in the British service, and the manner of use indicates that the appellation was already in wide use.

The German, Muller, explaining his theory that best efficiency among subordinates is obtained by the visiting them unexpectedly, says: "If I only talk to my boys like a Dutch uncle, dey say "It was only better next dime. But if my fathead clerk he wrote and say dot Muller der Inspector-general fail to onderstand and is much annoyed, first dot does no goot because I am not dere, and second der fool dot comes after me he may say to my best boys: 'Look here, you haf been wigged by my bredecessor," I tell you der big brass-hat pizness does not make der trees grow.'

Editors note: This article is written as it appears in the book *HOG ON ICE" By Charles Earle Funk.*

Improving Your Vocabulary

Do you know the definitions of these words?

1. Antipathy
2. Enumerate
3. Ignominy

Answers on back page.

How Well Do You Know Your Slogans

Submitted by Dale Shankster

*Reprinted with permission from **Reminisce Magazine**.*

REMEMBER WHEN it seemed that nearly every product had some kind of snappy slogan? This list was sent to us by Charles C. Fishburne Sr. of Winston-Salem, North Carolina, who wonders how many readers know what the slogans represented. Just for fun, try to come up with the product or company connected with each slogan.

1. "You'll wonder where the yellow went when you brush your teeth with _____."
2. "Hasn't scratched yet," _____.
3. "Trust your car to the man who wears the star," _____.
4. "Keep that schoolgirl complexion," _____.
5. " _____ , for the smile of beauty; for the smile of health."
6. "Drink a bite at 10, 2, and 4," _____.
7. "Sleep like a kitten," _____.
8. "Nature in the raw is seldom mild," _____.
9. "Not a cough in a carload," _____.
10. "His master's voice," _____.
11. "A little dab'll do ya," _____.
12. "Fifty million times a day, at home, at work, there's nothing like a

_____, nothing like a _____."

13. "If it hasn't a hole, it isn't a _____."

14. "Don't put a cold in your pocket," _____.

15. "Clotheslines are for the birds," _____.

16. "Go _____— and leave the driving to us."

17. "Built to last 100,000 miles," _____.

18. "The best part of wakin' up, is _____ in your cup."

19. "I'd walk a mile for a _____."

20. "Exciting things happen when it's _____."

SLOGANS ANSWERS

1. Pepsodent.
2. Bon Ami.
3. Texaco.
4. Palmolive.
5. Ipana
6. Dr. Pepper.
7. C & O railroad.
8. Lucky Strike Cigarettes.
9. Old Gold Cigarettes.
10. Victor and RCA Victor products.
11. Brylcreem.
12. Coca-Cola, Coke.
13. Life Saver.
14. Kleenex Tissues.
15. Westinghouse Dryers.
16. Greyhound.
17. Pontiac.
18. Folgers.
19. Camel Cigarettes.
20. Evening in Paris.

Technology As Distraction

Submitted by Sue Sumpter

*Reprinted with permission from DailyOM-
Inspirational thoughts for a happy, healthy and
fulfilling day.*

Choosing True Connections

We are often lured by the promise of new technologies to make our lives easier and help connect us to others. While they do so in many ways, they also present each of us with opportunities to make new choices about how we spend our time and invest our energy.

Most gadgets are generally meant to improve the quality of our lives, but it is when we spend too much time with them that they actually do the opposite. By always using our portable emailers, cell phones, video games, and surfing the Internet, we actually become less connected and more distracted. By becoming aware of these tendencies, we harness the power to overcome them and make better choices for ourselves and our families.

Once we decide to consciously put our gadgets to work for us, we become masters of our time. We can give our full attention to whatever we are doing and not let phone conversations and other distractions take the place of human con-



tact. Each of us has the ability to consciously choose to be more present in our lives. We can decide at any time to leave our gadgets behind and become aware of the sights and sounds around us in order to expand our awareness and be fully present in our bodies and our surroundings.

When we use our discernment about how we invest our personal energy, we can be sure that we choose only the best for ourselves and those we love. Our gadgets can be useful tools for our journey in the material world, but we must not forget that we are spiritual beings having a human experience and that means interacting with people on a personal level. Choices that enliven us and help us feel connected to our world and our loved ones always deserve our full attention and presence of mind, body, and spirit.

Farmin' Like It Used To Be

By Ken Wilson

Being a toy collector, I have just finished purchasing a 1/64 model of an International 560 with a 2MH mounted corn picker, the first mounted picker of International make to have a white painted elevator on it.

For what reason I am not sure, I think it is the complexity of the machine, the season of the year, and the smells associated with it that make me fascinated with this machine.

The mounted corn picker harvested corn from the stalk in the ear. It consisted of two pairs of snapping rolls located, one pair on each side of the tractor at an angle. The rolls turned at a high rate of speed snapping of the ear of corn and moving it up to another set of rolls that were rubber called the husking rolls. These rolls grabbed the corn husk and whisked it off and dropped it on the outside of the tractor wheel. The ear was then dropped into a hopper where the elevator paddles on a chain took the ears up at an angle and dropped them in the wagon which was trailing behind the wagon.

The yard lights, which were located on every farm on a large pole in the barnyard were always turned on early in the morning and late at night during the corn picking season. Depending on the farmer, the corn picker bearings were greased late at night or early in the morning. The "better" farmers did it at night in order to get an early start in the morning.

Most farmers stood up while driving the corn picker in order to have a better view of what was going on ahead of them. Your eyes always had to be focused on the tractor engine heat gauge to make sure that the engine was not over heating because of corn husks covering

the radiator grille.

Some farmers mounted a grille extension on the tractor front which brought the air intake above the tractor front.



The mounted corn picker always kept one tractor tied up during the season so that it could not be used. The farmer was surrounded by chins and sprockets running at high speed to his left and right plus being trapped between the side of the picker which ran by your head. The corn picker was a dangerous machine. The snapping rolls could take in a stalk at 15 ft per second and if the farmer was stupid enough to try to unplug it while running, it resulted in many hands and arms being lost with farmers walking around with artificial limbs. Many a farm wife was glad when the season ended and the threat of entrapment by this machine was over.

In the cold November mornings the sound of the corn hitting the wagon box from all the pickers in the area, was a sure sign that the season for corn harvesting was here and now. The smell of the husks and corn dust was every where.

One of the most fascinating inventions to me was the automatic hitch or drawbar. The hitch pin was left in the wagon tongue so that the tongue could be guided into the fingers of the automatic hitch, which tripped the latch and the fingers grasped the wagon tongue ready to be towed behind the tractor. Those were the good old days before corn dryers when nature was left to do the job.

Offering Box And Stand For Chapel

By Wendell Benson

Iowa Submarine Combat veterans of World War II have honored their long-time Treasurer (11 years), Tom Davis, with a gift in his name to the Iowa Veterans Home Chapel. A walnut Offering Box and Stand is now a permanent fixture in the Chapel. It was made from a tree cut 30 years ago in the Iowa River bottom. Davis was chosen for the honor because in retirement he has been one of the leading volunteers at the Home; giving 4,899 hours toward assisting residents. Before retirement, Davis was a farmer in northwest Marshall County, near Clemons.

A 1936 graduate of Clemons High School, Davis joined the U.S. Navy that year during the Great Depression. In 1939 he passed rigorous mental and physical tests to become a submariner, and was assigned to the USS Skipjack, SS184. Japanese air units struck Pearl Harbor and Manila's Cative Naval Base simultaneously on December 7-8, 1941.

The Skipjack, undergoing major overhaul, was tied up at a Cavite dock with its engine parts topside as the Japanese planes begin their attack. The sub and crew immediately cleared the decks of the parts and submerged alongside the deck. Thirty hours later it headed for Australia; thus Tom Davis was introduced



It was a festive moment when IVH Volunteer Tom Davis, center (4,899 hours) saw the offertory box bearing his name given to the Home's Chapel by Davis's fellow Iowa Submarine veterans of World War II to commemorate his long IVH service. Honoring Davis are from left State Sub-vet Commander, George Roushar of Cedar Rapids and Chaplains Craig Nelson, Angela Doty and Rosemary Vaske.

to war. He served on two submarines, the USS Skipjack, SS184 and the USS Peto, SS265. There was an oft-repeated saying during the war, "After five war patriots you're running on your 'Jesus Factor'." Tom Davis made 11 patrols. A total of 52 submarines were lost during World War II. Tom came home on leave in 1944 and married his sweetheart, Virginia Brady. They raised 4 children: Tom (Ada) Davis, Albion; Sarah (Lyle) Cooney, Ames; Anne (Jeff) Buck, State Center; and Mary (Merle) Stubbs, Marshalltown.

The Offering Box and Stand fills a need at the Veterans Home Chapel. Many residents' eyesight does not allow them to read songbooks. So the music is projected onto a screen in the Chapel.

Continued on page 22

What's New In The Peterson Library

Books:

Title

Take the risk Carson, Ben
 We belong to the land Pelton, Beulah
 Meier 1914-
 The Abduction Gimenez, Mark available
 on CD
 Happy for no reason Shimoff, Marci Avail-
 able on CD
 Collectors The /Baldacci, David
 Friday Night Knitting Club The/Jacobs,
 Kate
 Love me/ Keillor, Garrison
 Pillars of the earth The/ Follett, Ken
 Playing for pizza/Grisham, John
 Rhett Butler's people/ McCraig, Donald
 Simple genius/Baldacci, ,David
 World without end/Follett, Ken
 Appeal The/ Grisham, John
 Blood and gold/ Ballard, Todhunter-1903-
 1980
 Dead Head Crossing/ Reasoner, James
 Down river/ Hart, John—1965-
 Eat, pray, love (text (large print)/Gilbert,
 Elizabeth –1969-
 Heir, The/ Bradford, Barbara Taylor–
 1933-
 Last Gunfighter. Hell town, The/
 Johnstone, William W.
 People of the book/ Brooks, Geraldine
 Plum lucky/ Evanovich, Janet
 Shadow music/ Garwood, Julie
 Staring down the devil/ Brandvold, Peter
 T is for trespass/ Grafton, Sue
 Thousands splendid suns, A/ Hosseini,
 Khaled
 Thunder riders The/ Leslie, Frank– 1963-

Video Tapes-VHS

Conspiracy Theory
 Dessert Thunder
 The Gathering storm

Outland

Prelude to a kiss

DVD's

About last night
 Absolute Zero
 Across the universe
 Aeon Flux
 Alexander, Revisited—The final cut
 Alien
 American Gangster
 American Pie Presents
 Azumi Uncut
 Can't hardly wait/ The new guy
 Classic Suspense
 Crazy in Alabama
 Deuce Bigalow-European Gigolo/
 The Animal
 Dragon Wars-D-War
 Eragon
 Fantastic 4– Rise of the Silver Surfer
 game plan, The
 Gathering, The
 Good Luck Chuck
 Harry Potter and the order of the Phoenix
 Into the wild
 Lake Placid 2
 Love's Enduring Promise
 Love's Unending Legacy
 Pan's Labyrinth
 Pirates of the Caribbean—At World's End
 Spider Man 3
 Starship Troopers
 Starship Troopers 2
 Thank You for Smoking
 The Bourne Ultimatum
 The Lucy Show
 Though none go with me
 Undead
 Young guns , Rain man, The Running
 Man, Saw, Secret Window, The Skull

Turning The Page

By Sonia Hayek

Want to do something good for a whole bunch of people? Want it to be painless and rather inexpensive too? It seems that quite a few people already do this on a regular basis for the library at the Iowa Veterans Home.

All you have to do is think about what movies your dad, your brother, sister or mom would like to watch and donate those great DVD's to the IVH Peterson library. Chances are if you liked a movie others will too; so consider donating it so all the patrons here at the Peterson library can enjoy it.

We keep a "wish list" of movie titles requested by residents that we don't already own, so if you would rather make a monetary donation we could purchase from that list. Please make your check out to the Iowa Veterans Home and note that you are donating to the Peterson Library for DVD's if that is your wish. Another hint: we love music CD's here too! They really circulate well, so consider music as a gift to the patrons of the Peterson library.

I have been thinking recently about checkout periods at the Peterson Library. Movies here have a 7 day check-

out time which is very generous. As I prepared some new DVD's for circulation I wondered how long it would take for these movies to be seen by all who live here at IVH.

I calculated that if someone wanted to see a movie that was just added to the collection - IF the checkout period was for 7 days and IF they were the last of the 700 residents to find that movie on the shelf they could possibly have to wait 13.46 years to see that movie. And this is IF everyone brought it back on time and IF it spent only a matter of minutes on the shelf before the next patron checked it out!

After I put my calculator away I decided to try something different here and initiated a one day checkout on the very newest movies we add to the collection. This increases the circulation (opportunity to view!) on them X 7! Seven people enjoying a new movie in one week is much better than one wouldn't you agree? Then I got my calculator out again and to my dismay found that even with a one day checkout time, IF all the residents at IVH decided they wanted to see a particular movie you may still have to wait 1.92 years... Oh no! Next step - multiple copies? I'll see what I can do!

BOXES

By Dale Hermon

When I was very young, my folks got some of their deliveries in a wagon pulled by horses. One of which we needed for our refrigerator we called an ice box. As I remember it, the ice block came in about 50 lbs and the ice man took a chisel and cut off as much as we wanted. He gave us kids samples, which was a good way to get in our good graces because we had something like little ice cubes to chew on and it didn't cost him anything.

The ice box had several doors so you could set the milk and whatnots, like cottage cheese, cream, and even the bread on various shelves. It was just like a piece of furniture in the kitchen. It was approximately 3' W x 2' 5"D with a drip can or a Kayro syrup bucket to catch the water from the melting ice underneath the ice box. The chunk of ice went in the back of the ice box. My folks had to chip off some pieces to put around spots to keep the box cool for the different shelves. Some of our neighbors had a spring house to keep their perishable products in.

Another type of box was the one we used with the radio in it. It had a cloth piece covering the opening for the speaker. The power source was a 6 volt car battery. It could get three different bands of radio stations. You could get the Grand Ole Opry on Saturday night and also hear the sound of conversation on short wave from New Orleans and different places along the Mississippi. It was

on the amplitude modulated band (AM). You could also get an FM station that was frequency modulated which cut down on background noise and had commercial use

like elevator music. They had music that was piped in to different business's around town, hotels, elevators; wherever they wanted to have music for workers or customers. The AM band had the same type of program but there were Soap Operas instead of the music on the FM stations. The next box if you could call it a box, was a washing machine. It was composed of barrel staves. It had a lid on it that latched down and there was a long pole coming out from the bottom of the machine. The way you worked it you took the end off the gear and put the connector into the hole where the driver was. It also had a wheel that kept the agitator going back and forth. You never put more work into it than you needed to. It was a very simple mechanical machine that was powered by human power. It had a ringer on it that was also powered by human power. After finishing the washing, you'd run the laundry through the ringer. Those ringers could really be tough on the fingers.



Offering

Continued from page 19

The royalties paid to music publishers are a major cost, which is paid by donations, including bibles, and crosses for residents. It is hoped that the new Offering Box and Stand will make it more convenient for both residents and visitors to make donations to support this entity of the Veterans Home.

The rough-cut walnut was planed in the IVH Carpentry Shop and Submarine Veteran Wendell Benson, Marshalltown, immediate past State Commander of the Iowa Sub-Vets, designed and built the Offering Box and Stand. He is also an IVH volunteer. During World War II, about 100 Iowans were among the 3,600 U.S. Submarine sailors. Only about 42 are still active in the Iowa Chapter of the U.S. Submarine Veterans, which nationally now number only about 800.

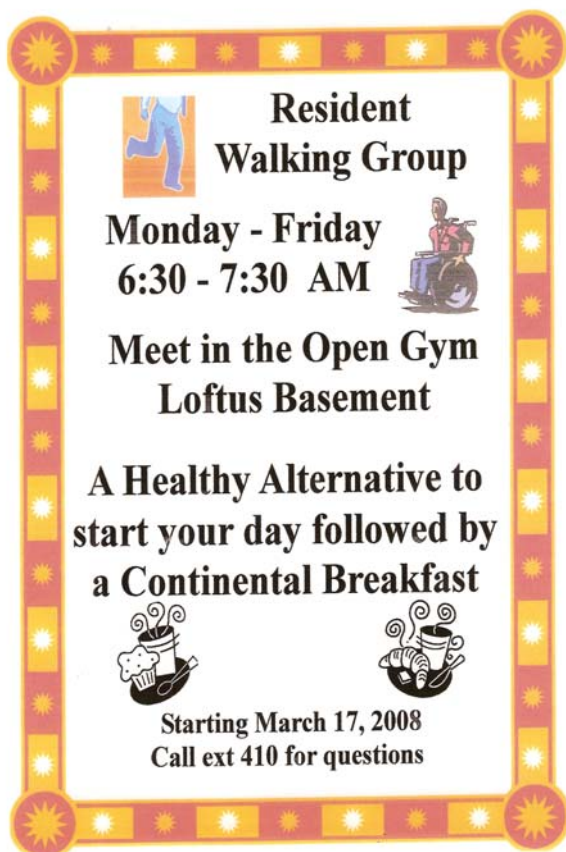
Two of every five men who went to sea on a submarine, never came home. As said, they bought the steel coffin for their country, the highest attrition rate of any military branch. American submarines sank 60% of Japan's Navy and commercial fleet, (1,314 ships), and literally starved Japan's population into submission, not allowing any supply ship into her harbors during the last two years of the war.

U.S. submarines patrolled 40 square



mile areas three miles deep, 120 miles at sea, around the five home islands of Japan. They did all of this, plus laid mines, hauled ammunition to guerilla fighters, transported troops, rescued refugees, deployed secret agents, rescued 504 fliers, (including a future president, George H.W. Bush), and bombarded coast lines to confuse defenders during invasions.

Tom Davis ended up as Chief of the Boat, the top enlisted man of the USS Peto. Tom's wife Virginia died two years ago, and he now lives near his daughter Anne near the Lincoln Valley Golf club east of State Center. At 89, he suffers from peripheral neuropathy and a hearing loss, but remains active in the Sub-Vets organization.



Resident Walking Group

Monday - Friday
6:30 - 7:30 AM

Meet in the Open Gym
Loftus Basement

A Healthy Alternative to
start your day followed by
a Continental Breakfast

Starting March 17, 2008
Call ext 410 for questions



This is what Spring looks like...



This is what our Spring looks like...

Picture taken by Ralph
Rampson on March 27, 2008

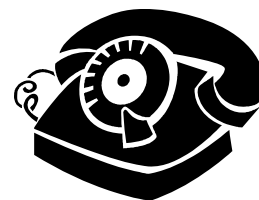
IF YOU READ THIS PAPER, YOU ARE WELCOME TO WRITE FOR THIS PAPER!

Poems, editorials, informative articles, entertaining articles, and photographs of general interest are all welcome!

(All copyrighted material MUST have written permission to copy.)

Our Comment Line is 777. Please call us with your comments, ideas or suggestions about the Stars 'n' Stripes. We'd love to hear from you.

For routine office calls, Please use extension 794.



If you wish to be removed from our mailing list or know someone who would like to be added to our mailing list please contact us at 641-752-1501 ext 794 or email us at starsnstripes@yahoo.com

Cartoons and Humor



The guy on the left is happy because he is driving a hybrid car. The guy on the right drives a SUV and he has to pay more for gas and says: OH SHUT UP!

Quiet Reflections



Answers to **Improving Your Vocabulary**

1. Strong hostility or opposition toward somebody or something.
2. Count things, to name a number of things on a list one by one.
3. A total loss of dignity and self-respect, or an incurring of public disgrace.

Editors-in-Chief: Bill Eilers

Circulation Manager/Photos/Cartoonist: Ken Wilson

Contributing Writers: Ken Wilson, Bill Eilers, Henry Hubbard, Marie Molloy, Rep. Mark Smith, and various IVH staff.

News: 641-752-1501, ext. 794. You can email us at ivhstarsnstripes@yahoo.com Or leave a message on the comment line ext. 777



A newspaper is not just for reporting news, it's to get people mad enough to do something about it. -- *Mark Twain*

